

What the Doctor Knows

KIDNEYS MUST BE RIGHT TO INSURE HEALTH.

Few people realize to what extent their health depends upon the condition of the kidneys.

The physician in nearly all cases of serious illness, makes a chemical analysis of the patient's urine. He knows that unless the kidneys are doing their work properly, the other organs cannot readily be brought back to health and strength.

When the kidneys are neglected or abused in any way, serious results are sure to follow. According to health statistics, Bright's Disease, which is really an advanced form of kidney trouble, caused nearly ten thousand deaths in one year, in the State of New York alone. Therefore, it is particularly necessary to pay more attention to the health of these important organs.

An ideal herbal compound that has had remarkable success as a kidney remedy is Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

The mild and healing influence of this preparation, in most cases, is soon realized, according to sworn statements and verified testimony of those who have used the remedy.

When your kidneys require attention, get Swamp-Root at once from any pharmacy. It is sold by every druggist in bottles of two sizes—50c and \$1.00.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper. Adv.

The Ruling Passion.

"Who are those gentlemen having lunch together?"

"A party of scientists."

"I don't suppose a low-browed individual could understand what they are talking about."

"He might. I overheard one of them just now ask the waiter if there was a ball game today."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the

Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Fond of an Argument.

"I dare say the time passed rather quickly for old Mr. Rasper at the summer resort he visited."

"Plenty to amuse him, eh?"

"Yes—in a way. He met another old codger there as contentious as he was and when the two of them locked horns they forgot whether it was morning, noon or night."

COVETED BY ALL

but possessed by few—a beautiful head of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

Didn't Want Much.

One Saturday night a lady who possessed a fruit and vegetable shop hurried to serve her last customer, a very red-faced woman.

She asked for a penny's worth of vegetables, and wanted a piece of everything.

When she had been given what she desired, she politely asked if they could be wrapped in a piece of paper and tied with a string.

The shopkeeper turned to her, quite calm, and said:

"Wait a minute, and I will run across to the butcher's for a bone, and I think that will complete your Sunday dinner."

Guatemala has 1,890 public schools.

AFTER SIX YEARS OF SUFFERING

Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio.—"I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 173 pounds I went to 118 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127 pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life."—Mrs. J. S. Barlow, 1624 South 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any female ailments to insist upon having Lydia E. Pinkham's Vegetable Compound.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try

CARTER'S LITTLE LIVER PILLS Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowels. Cure constipation, biliousness, sick headache and indigestion, as millions know. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

W. N. U.

"ROUGH ON RATS" Rats, Mice, Insects, etc. W. N. U., ST. LOUIS, MO. 41-1916.

NATIONAL CAPITAL AFFAIRS

Uncle Sam's Lights That Signal Storm Warnings

WASHINGTON.—Uncle Sam's lighthouse service is not the only one of his agencies that display lights at night for the information and welfare of the mariner. Whenever a storm is brewing along the coasts or over the inland waterways colored lights twinkle forth from hundreds of special storm-warning stations of the weather bureau, combined in such a way as to furnish navigators with specific information that will forewarn them.



One interesting fact is that the mushroomlike growth of many lake ports, bringing into existence cities with their myriads of lights, obscured numbers of the stations that when established were the most outstanding features of the night view. In such cases the stations are being relocated at points easily seen by the officers of approaching or passing ships. The new stations are being installed in tall, specially constructed steel towers, dozens of which are being erected along the shores of the five lakes and their connecting waterways.

The taller towers will make possible the establishment of the new signal system in which three lights, one above the other, will be used instead of the two lights in a vertical plane heretofore employed.

The new system was worked out after experiments carried on by the instrument experts of the weather bureau on the Potomac below Washington under various weather conditions. These experiments brought out the fact that lights, to be seen by the naked eye as separate bright objects, must be approximately four feet apart for each mile the observer is distant. This information was made use of in designing the new towers and in arranging the placement of the signal lamps. At the same time the instrument experts experimented with various lights and decided to make use of electric bulbs of the new gas-filled type to increase still further the efficiency of the newly equipped stations.

How Oscar Underwood Folds and Stamps a Letter

ONE of the funny sights of Washington is Senator Oscar Underwood in the act of folding up a letter. Underwood is a man greatly prejudiced in favor of neatness, not only in his personal appearance but in everything he does. He would no more be a party to a letter carelessly folded than he would wear the same collar all week. First he folds the sheet over, matches the corners right down to an infinitesimal fraction of a hair's breadth, and carefully creases the paper in the middle. Then comes the most difficult part. He must determine, just with his eye, how to make three additional folds, each one of exactly the same size. Having done that, Underwood stares at the finished product a moment to make certain it is spotless and free from the slightest imperfection. If he discovered one edge protruding even a centy-teenty bit beyond the others it would make him unhappy. But if his workmanship seems to be all right, he carefully licks the flap of the envelope, taking pains to see that every particle of the mullage is moistened.

He seals the envelope with great care and that brings him to the delicate task of putting on the stamp.

None of your lopsidedly stamped envelopes for Oscar. He takes enough time to insure having the stamp in perfect plumb-line with the end of the envelope—and then proceeds painstakingly to the folding of the next letter. If he is free from interruptions Underwood can fold from 10 to 15 letters an hour. His letters are usually done up by others, however, and in that way he gains a great deal of time for affairs of state.

Neatness is just as much a part of the Underwood make-up as his calmness. And the only thing that might ever ruffle that calmness would be a lack of neatness. Once in a while one of his office force will hurriedly crumple up a piece of waste paper and fire it at the waste basket—and miss. If Underwood happens to be at his desk and sees the piece of crumpled paper on the floor, he will quietly and unostentatiously go and pick it up and place it in the basket.

Good Hunting Ground for the Amateur Botanist

THE environs of Washington are an excellent hunting ground for the amateur botanist, for they are full of varieties of plants—trees, shrubs, wild flowers, mosses and ferns. To hold even the commonest of these varieties in one's mind is a stupendous feat, but once accomplished, it leads ever onward. Most people have a good nucleus for plant knowledge around which to accumulate more. The love of nature seems implanted within the human heart. There is no denying that things out of doors call irresistibly. And true students, it is said, become as enthusiastic as bird students.

The streets of Washington are the rightful places for beginners. Bordering almost every capital thoroughfare is one a line of trees, some common, other imported varieties. By noticing these one soon acquires a deeper interest. And then the real holidays come when the woods are sought and truly inspiring lessons are learned in the real out-of-doors of nature.

The tree families are well represented here. The deciduous varieties, meaning those which shed their leaves, are especially abundant. Of course, the oaks are in manifold numbers—the Spanish, pin, shingle, black jack, swamp white, red, black, bur, post and white. These are everywhere and they have a venerable history.

The maples have taken a hold on Washington's fancy, and elms, gums, and many less familiar trees are numerous here. To many people the chief charm of the woods and fields lies in the multitude of wild flowers that are to be found. Washington may deem itself fortunate in having a bountiful supply. Their names are legion, and it is an impossible task to cover the list. One of the difficulties of such a list is that many of the flowers found in the woods have escaped from some garden, and though they are found apparently uncultivated they cannot be called wild flowers; on the other hand, many of the originals of the perfected garden flowers are trailing there in their simple loveliness and the list is about evened.

Collection of Meteorites in National Museum

IN CONSIDERING the wonders of the universe, have you ever realized how conspicuous among them are the meteorites, those wonderful messages, dropped from the sky, for one to wonder at and study? They are the only material objects which come to the earth from the vast outer world.

In the collection shown in the new building of the National museum in this city is a remarkably fine exhibit of meteorites. It includes complete meteorites ranging in size from the merest pebbles to great boulderlike masses, and casts reproducing giant forms like that of Bacubirito, which has been estimated to weigh 25 tons, and still rests where it fell in Mexico.

The National museum has recently issued a handbook and descriptive catalogue of the meteorite collection in the museum, written by Dr. George P. Merrill, head curator of geology.

Although meteorites have presumably fallen since time immemorial, a great deal of skepticism was felt at first by both the popular and scientific minds regarding the possibilities of stones falling from space. So great was this skepticism that the examples preserved in the public museums were once hidden or discarded, the custodians fearing to make laughing stocks of themselves.

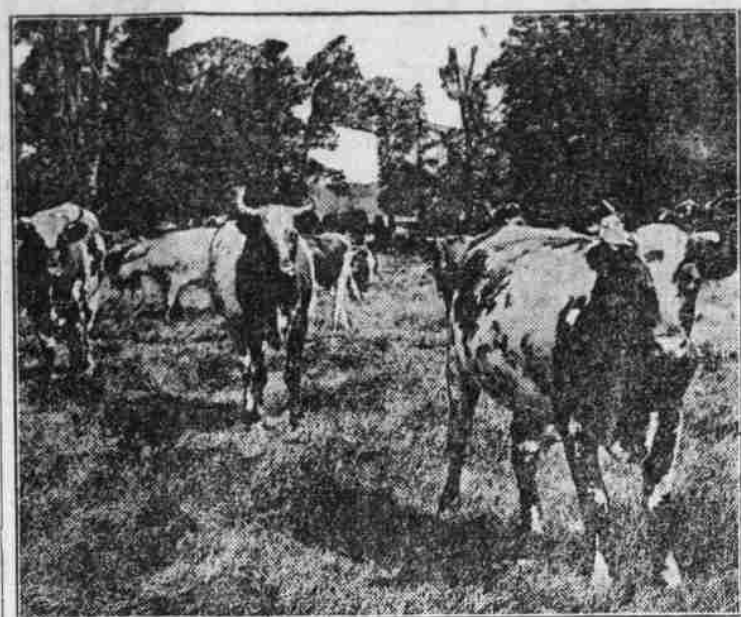
PLENTY OF CHICKENS IN LONDON.

London.—Lord Selborne's advice to householders in urban areas to produce their own eggs in war time is hardly needed in the suburbs of London near and far. This year the economic policy of feeding a few "good layers" in the garden is being extensively adopted. The hen-run, however, without Chanticleer is unpopular. Profits are increased when the mother bird is allowed the joy and pride of maternity by hatching a brood of valuable chickens. The disturbance to neighbors accruing from Chanticleer's salute to the rising sun is minimized by daylight saving, which throws the risers back nearer to the dawn. It is only a sleepless Carlyle who sets the police upon Chanticleer, and the Carlyles are rare.

For administering medicine to a horse an inventor has patented a hollow, perforated bit with a funnel at one end.

MAKING the FARM PAY

By C. I. BRAY



Man Feels Independent When He Has a Good Herd of Cattle.

BUILDING UP A DAIRY HERD

Generally speaking, there is no best breed of dairy cow, although some are better for certain purposes than others. There are first-class cows in every breed, and also many unprofitable ones. Success depends more upon the selection of profitable individuals than upon the breed. The Jersey, Holstein, Guernsey and Ayrshire breeds are considered the standard special-purpose breeds, and the Red Polled, Shorthorn and the Brown Swiss the most common dual-purpose breeds, being used to some extent for beef production. The Jerseys and Guernseys are considered most economical for production of butterfat, and the Holsteins and Ayrshires are considered more profitable for milk production. The Holsteins should be kept on good pasture and on heavy rations. Profitable animals must be selected on basis of performance (shown by milk and butter records) and developed by care and good feeding. The beginner should consider his market carefully, select the breed he likes best from those most suited to local conditions and then stick with that breed, building up his herd by selection.

The dairyman, to be successful, must keep only such cows that pay a good annual profit. Many cows do not pay for their feed, while others may pay from \$5 to \$50 per year over expenses. The unprofitable cow is worth only what she will bring on the butcher's block (about \$30). The cow that produces \$50 profit over all expenses is worth ten cows that produce no profit, both as a breeder and producer, and should at least be valued at \$150 to \$170.

Breeding Better Than Buying.

Some dairymen buy fresh cows, breeding to a common sire and selling the young stock and old cows to the butcher. Others breed their own stock, use good sires, keep milk records and develop heifers from their best stock. The first method has only one advantage, that of allowing the dairyman to use all his pastures and buildings for cows that are milking. Recognizing the value of a good cow, the dairyman should always be prepared to buy one that is better than what he has, but it is much safer to depend on breeding up his own herd. The man who depends on buying gets cull stock, usually, unless he pays much more than it would cost to breed it himself. He also runs a big risk of buying diseased cattle with tuberculosis or contagious abortion. The man who breeds up his own stock can develop his heifers to good advantage so that they will be quiet and gentle and also healthy. He will usually be able to build up a good herd more surely and quickly.

Sire Is Half the Herd.

The sire is half the herd, but if he is a good one he is pretty near all of it. Grade cows may range in value from \$25 to \$250, and the sire that can produce the latter kind is worth many times more than the one that produces the \$25 kind. If a heifer can be produced that, when mature, will give 50 to 100 pounds more butter or 1,000 pounds more milk per year than her dam, the annual profit from such a heifer will accordingly be from \$10 to \$25 more than from the foundation cow. If ten such heifers were raised every year, the increased profit will be \$100 to \$250 more per year; if 20 heifers are raised, \$200 to \$500 will be gained each year by using a good bull. Consequently it is hard to understand how a progressive dairyman can afford to let a difference of \$100 or so be the original cost of a herd bull stand between him and an additional annual income of \$500. Yet dairymen will buy \$25 scrub bulls that are worse than useless as improvers of their herds, while purebred males costing \$50 to \$150 more would pay for themselves many times over in the increased value of the young stock produced. The sire that cannot increase the value of the herd is dear at any price. While the owner of a grade herd may be justified in buying a high-priced sire as the breeder of pure breeds, a good animal will always be cheapest in the end.

Selection of Dairy Sire. Only a purebred sire should be used, from ancestors of known merit and of good breed type, masculinity and constitution. Select, if possible, the son of a first-class dairy cow as the characteristics of the dam are most likely to be reproduced in the heifers of the next generation. The best indication

Not Serious Defect.

Grasshoppers damage field and garden crops, and fruit and shade trees. Poison bran mash sowed early in the morning kills them, and their eggs may be destroyed by cultivating pastures, meadows and waste lands in the late fall.

Feeding Vessels for Calves.

The young calves should be fed from buckets as clean as those used in handling the milk for human consumption.

of the value of a bull is the character of his offspring, and this is the safest and surest guide. Many aged bulls with good records and splendid offspring are sold at bargain prices to avoid inbreeding, and afford an excellent opportunity to the man who wishes a good bull at moderate cost. Strength and virility must go with good ancestry to make a good sire. The grade sire should have no place in the dairy herd.

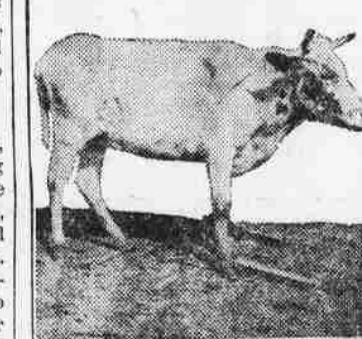
Select Cows on Their Records.

Cows may be selected according to type and apparently by men who are good judges, but the only safe and sure basis for selection is the annual milk record.

The keeping of milk records in all parts of the country and in all classes and kinds of herds has shown:

1. That some herds make large annual profits while others make none.
2. That in the best herds there are usually some unprofitable cows, and very many such in the poorer herds.
3. That without records the owners of the herds could not tell with any degree of accuracy which cows were paying profitably and which were not.
4. That many dairymen would have made a greater yearly profit had they sent their herd to the butcher at the beginning of the year, thus saving half their feed and labor expenses and getting all the profit from their best cows.

A fact worth noting is that several world's record cows of different breeds, now worth thousands of dollars each.



Scrub Cow Which Lacked \$1,954 of Producing Enough Milk to Pay for Her Feed and Care in One Year.

were sold to their present owners for small sums by men who had not taken the trouble to find out what kind of cows they were keeping.

Essential to Keep Records.

It is difficult, therefore, to see how a dairyman can afford to run the risk of keeping unprofitable cows by refusing to keep records. A merchant who could not take time to keep books would soon go bankrupt; and business methods must be the rule on the dairy farm if a profitable business is to be built up. Even if it should take a good week's work in a year to keep a good system of records, the time will be well spent if the work of the year were to result in an annual profit of \$1,715, or a loss of \$539 as a consequence of keeping records or not keeping them. The time required is really very small. The milk record is the dairyman's barometer; by means of it he can keep checked up on his individual cows, on his milkers and on his system of feeding. By means of it he will notice any increase or decrease in milk flow, and in the latter case be able to avoid trouble by removing the cause. More interest is taken in feeding the cows carefully when their records are kept. A circular balance scale and a sheet of paper ruled off, together with the Babcock test will do the work. Cow testing associations are doing good work all over the country. From ten to twenty or more farmers may club together and agree to pay a qualified man to test their herds each month, sharing expenses equally. The system is particularly valuable to the men with purebred herds, as they can get their good animals tested for the advanced register. Record keeping helps the dairyman to get rid of his "robber."

Cull Out Unprofitable Cows.

Cows that prove unprofitable should be sold at once. Those paying only a small profit may be kept until better ones are bought or raised to take their places. Young heifers that do not show up during their first lactation period may sometimes make a good showing on a second year's trial. Good cows can often be purchased that will pay for their feed, care and cost prices in one year and return a good profit besides.

Avoid Hot Axes.

Axes that get hot and dry not only wear the wagon out, but they take hay from the mow and grain from the bin. Ask the horses if this is not so.

Obliging.

Mrs. Simmons was rather taken aback by learning that her new domestic's name was the same as her own daughter's.

"Your name, Katherine, and my daughter's being the same makes matters somewhat confusing," said Mrs. Simmons. Suppose we change it?"

"Oh don't mind, mum," replied the girl.

"That's very nice," said the mistress.

"How do you like, say, the name of Bridget?"

"Well, mum," returned the domestic, "it's not meself that's over particular. O'm willing to call th' young lady any name ye'd suggest, mum."

THIS IS THE AGE OF YOUTH. You will look ten years younger if you darken your ugly, grizzly gray hairs by using "La Creole" Hair Dressing.—Adv.

The Style of It.

"Read my palm, please."

"Ah, you want a hand-picked future, do you?"

More than 23,000 women are employed in the hardware industry in England.

Queen's Taste Coffee

DELIGHTFULLY REFRESHING

THIS BLEND PERFECTED BY Queen's Taste Coffee Co.

NOW 25 CENTS

SOLD IN 1-POUND CANS ONLY

Ask Your Grocer

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearers protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

Boys' Shoes Best in the World \$2.00 \$2.50 & \$3.00

At a Disadvantage. "Have any trouble with your summer boarders this year?" "No," answered Mr. Cobble. "That is, none worth mentioning. There was a lady school teacher stayin' with us who didn't seem to think much of my grammar, but as I wasn't chargin' nothin' for my grammar, she couldn't come right out and make no regular complaint."

A GRATEFUL ACKNOWLEDGMENT.

Mr. F. C. Case of Welcome Lake, Pa., writes: "I suffered with Backache and Kidney Trouble. My head ached, my sleep was broken and unrefreshing. I felt heavy and sleepy after meals, was always nervous and tired, had a bitter taste in my mouth, was dizzy, had floating specks before my eyes, was always thirsty, had a dragging sensation across my loins, difficulty in collecting my thoughts and was troubled with shortness of breath. DODDS KIDNEY PILLS have cured me of these complaints. You are at liberty to publish this letter for the benefit of any sufferer who doubts the merit of DODDS KIDNEY PILLS."

DODDS KIDNEY PILLS, 50c. per box at your dealer or DODDS MEDICINE CO., Buffalo, N. Y. DODDS DYSPEPSIA TABLETS for indigestion have been proved, 50c. per box.—Adv.

Returned It, All Right.

Over the garden fence the conversation had suddenly turned acrimonious. "An' if yore boy, 'Erbert, ties any more cuns to our pore dog's tail," was Mrs. McGinn's stern ultimatum. "O'ell 'ear about it, that's all. Oh, an' 'pergins yore done wiv that snacepan wot yor borrowed last Monday."

Looked Comical.

Mrs. Flatbush—And you laughed when you saw your husband in his soldier clothes? Mrs. Bensonhurst—Yes; you ought to have seen him. "But I should think you would have cried."

Well, I Done that too; I Laughed till I Cried.

John Rehov of Wilkes-Barre, Pa., has adopted 29 orphans. He has seven children of his own.

Arithmetically Speaking. Tommy (to Jack, on leave)—What about the lingo? Suppose you want an egg over there, what do you say? Jack—Ye just say, "Oof." Tommy—But suppose you want two? Jack—Ye say "Twa oofs," and the silly auld fule wife gies ye three, and ye just gie her back one. Man, it's an awful easy language.—Punch.

IMITATION IS SINCEREST FLATTERY

but like counterfeit money the imitation has not the worth of the original. Insist on "La Creole" Hair Dressing—it's the original. Darkens your hair in the natural way, but contains no dye. Price \$1.00.—Adv.

An Eye to Business.

"This play is the worst ever. I am going to demand my money back." "Wait until after the next act, old man. Ten years elapse between acts 1 and 3, and you can demand interest on your money for that length of time."

Wrong Time O' Year.

"That fellow seems excited about something." "Yes. He was born in Kansas and this is the first time he has ever seen the ocean."

"Umph! He must be a stupid cuss to wait until the bathing season is nearly over before coming to take a look at it."

Experts consider that one great qualification woman munition workers possess is patience.

British Columbia's estimated 1916 revenue is \$5,944,015; expenditures, \$11,300,000.

Draw Interest on the Interest You Owe

Have your annual or semi-annual interest to pay? Save for it and put the savings where they will be 100% safe and will draw interest (compounded semi-annually) besides.

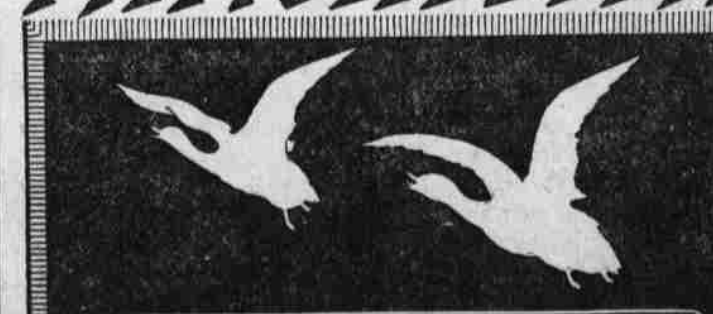
Save by Mail

It's as easy as walking across the road. It will open your account. Write and tell us what lump sum you must save up and we will write you what you should save each month to get that sum in a given time and showing how the interest makes it easier to get ahead of your debt.

Booklet—"Banking by Mail" telling all about safe and easy saving, sent on request. Ask for Booklet 1K.

MERCANTILE TRUST COMPANY OF ST. LOUIS MEMBER OF THE FEDERAL RESERVE SYSTEM U.S. GOVT. PROTECTION

WINCHESTER



"LEADER" AND "REPEATER" SHOT SHELLS

For the high flyers, or the low flyers, "Leader" and "Repeater" shells have the reach, spread and penetration. Their great sale is due to these qualities, which insure a full bag. Made in many gauges and loads. BE SURE TO ASK FOR THE W BRAND